

Mental Health  
Updates & Events Announcements

February 21, 2019

WASHINGTON COUNTY		
Event	Details	Date/Time/Location
NAMI Washington Family-to-Family	<p>Get a better understanding of mental illness, increase your coping skills, and become empowered to become an advocate for your family member(s).</p> <p>The course covers many topics related to schizophrenia, bipolar disorder, major depression, panic and anxiety disorders, borderline personality disorder, obsessive-compulsive disorder, and PTSD.</p> <p>Designed specifically for parents, siblings, spouses, teenage and adult children, significant others, and friends of people with a mental illness.</p> <p>The course is team-taught by trained individuals who have lived experience with mentally ill family members.</p>	<p>The class will meet weekly for 12 weeks (March 4 – May 20) on Mondays from 6:30-9pm</p> <p>NAMI Welcome Center 2030 Stonebridge Rd, West Bend</p> <p>Pre-registration is required Deadline for registering is February 25</p> <p>If interested in joining the next session, contact Sheryl at 206-339-7628 or <a href="mailto:sheryl.namiwashington@gmail.com">sheryl.namiwashington@gmail.com</a></p>
What is my risk for breast cancer?	<p>Presented by: Kristie Caddock, MSN, APNP</p> <p>Recommendations for screening, imaging, and chemoprevention.</p>	<p>Thursday, March 7 6-7pm St. Joseph's Hospital, Lobby Conference Room 1001 3200 Pleasant Valley Road, West Bend</p>

OZAUKEE COUNTY		
Event	Details	Date/Time/Location
NAMI Ozaukee Family-to-Family	<p>NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed</p>	<p>NAMI Ozaukee will offer the Family-to-Family Education Program for 12 Tuesdays, 6:30-9:00 pm beginning on February 26, 2019 in Mequon, with a break on April 16. Class size is limited so</p>

	to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.	registration is required.  Email: <a href="mailto:namiozaukee@gmail.com">namiozaukee@gmail.com</a> Call: 262-243-3627
Successful Aging to Give Yourself an Edge by Using Positive Psychology	<p>We all age, and with a number of baby boomers becoming of age, research has exploded on the mental strength of senior citizens! There is a huge potential for positive growth in later life. "Recent aging research has expanded with a strong focus on improving the health of the aging mind." – Gene Cohen. Please join us for this positive, upbeat, and optimistic program as we explore eight exciting keys to positive psychology of aging to give seniors an edge.</p> <p>About the Presenter: Dr. Michael Weber is Superintendent of the Port Washington-Saukville School District, has a clinical psychology and biology background, and has a passion for helping others get better. He is a popular keynote speaker, writer, and trainer.</p>	<p>Wednesday, February 27 12-1pm Saukville Police Department</p> <p>RSVP to: <a href="mailto:exec@saukvillechamber.org">exec@saukvillechamber.org</a></p> <p>Register <a href="#">here</a></p> <p>Cost: \$15 Lunch will be provided</p>
Dare to Know: The Truth about Vaping, Juuling...and Your Child	For: All Parents & Students 6 <sup>th</sup> -12 <sup>th</sup> grade	<p>Wednesday, March 13 6-8:30pm Homestead High School</p>

	<p>Resource Fair:</p> <ul style="list-style-type: none"> <li>- Resources offered from local organizations <ul style="list-style-type: none"> <li>o Mental Health</li> <li>o Addiction and Recovery</li> <li>o Substance Use Prevention</li> <li>o Teen Bedroom</li> </ul> </li> </ul> <p>Presentation:</p> <ul style="list-style-type: none"> <li>- Welcome and keynote – Dr. Charlene Gaebler-Uhing, MD, MHPE, Children’s Hospital of Wisconsin Teen Health Clinic</li> </ul> <p>Breakout Sessions:</p> <ul style="list-style-type: none"> <li>- Parents Q&amp;A with keynote speaker and panelists</li> <li>- Peer discussion with Q&amp;A</li> </ul>	<p>James Barr Performing Arts Center 5000 W. Mequon Rd.</p> <p>Cost: Free!</p>
<a href="#"><u>An Evening of Music and Conversation for Teens</u></a>	<p>Presented by Gathering on The Green in partnership with the Cedarburg School District – Parent Engagement Series, and Rogers Behavioral Health</p> <p>Join us in a very special entertaining and informative evening. Moderated by Emmy award-winning TV personality Katrina Cravy, this evening will feature a musical performance by Hannah Mrozak (Citizen Queen, American Idol, The Voice) and a conversation with Hannah and Rogers InHealth Specialist Sue McKenzie, regarding a subject in the forefront of all of our minds – Teens coping with stress and anxiety.</p> <p>This event is free and open to all teen students and parents and is made possible by Gathering on the Green’s Music Together program and Kapco Metal Stamping.</p>	<p>Wednesday, April 3 6:30pm Cedarburg Performing Arts Center W68 N611 Evergreen Blvd</p> <p>Registration is required: <a href="http://Gatheringonthegreen.org">Gatheringonthegreen.org</a></p>

	Registration is required. Doors open at 6:00pm.	
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Announcements	Details
NAMI Washington County is hiring!	Position: Program Coordinator Details: - 20 hours – part time